Becoming a Religious Brother is a way of dedicating oneself completely to God. Total commitment, no holding back. I thought about doing this for a number of years before taking the plunge. Now as a member of the Brothers of St John of God, my life is structured around prayer and the service of the poor and the sick. I've worked in homeless centres, food banks and health care settings of various kinds. There's always been an opportunity to grow in faith and make a real difference in the world.

It's a challenging life but I'm so grateful to God that I was given the courage to make this commitment.